



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Coronavirus Disease 2019 (COVID-19)

MENU >



Doctor Visits and Getting Medicines

Updated Sept. 11, 2020

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Talk to your doctor online, by phone, or e-mail

- Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- Talk to your doctor about rescheduling procedures that are not urgently needed.



Talk to your doctor online, by phone, or email


If you must visit in-person, protect yourself and others

- If you think you have COVID-19, notify the doctor or healthcare provider before your visit and follow their instructions.
- Cover your mouth and nose with a [mask](#) when you have to go out in public.
- Do not touch your eyes, nose, or mouth.
- Stay at least 6 feet away from others while inside and in lines.
- When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.

Limit in-person visits to the pharmacy

- Plan to order and pick up all your prescriptions at the same time.
- If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
- Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.

If you need family planning services

- Continue to seek care from your regular health care provider, or
- Find a family planning provider using the Office of Population Affairs' [Find a Family Planning Clinic Tool](#) .

Health care providers may be providing services in person, by telephone, or by video. Contact your health care provider any time you have questions or concerns about your contraceptive method or family planning services.

If you or a member of your household has signs of COVID-19, call your doctor first, instead of going to the office or the emergency department.

Call 911 if you believe it is an emergency. See also: [What to do if you are sick](#).



Protect Your Health This Flu Season

It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Here is what you should know this season, including information on how to protect yourself and your family against flu by getting a flu vaccine.

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), [Division of Viral Diseases](#)